

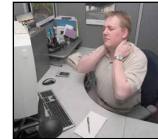


Why Use RSIGuard?



Have you ever felt discomfort— stiff shoulders, neck or back, tired wrists or arms or sore eyes at the end of a long day at the computer? If so, you have experienced computer-related discomfort that can progress to a work-related injury if you ignore these telltale signs.

RSIGuard is a software application designed to help reduce your exposure to computer-related discomfort, encourage healthier work habits and allow you track your progress.



Why software? When you think of ergonomic solutions, do you think of things like adjustable chairs and curved keyboards? Adjustable furniture and ergo equipment can go along way to improve your postures and your comfort over the day.

However, fixed body positions, long periods of work without rest breaks, and inefficient use or misuse of equipment will likely cause discomfort even in the best environment over time.

Software can dynamically remind you to be aware of how you interact with your workstation and remind you to pay attention to your body and rest when needed.

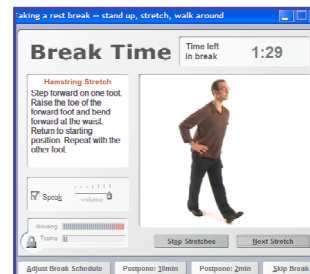
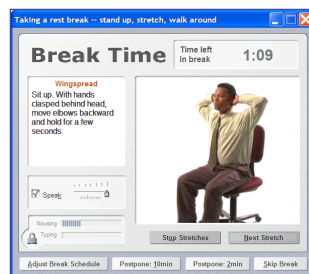


RSIGuard Helps Minimize Risk



Using a sophisticated assessment of your work on the keyboard and the mouse, as well as monitoring of your natural rest patterns, **BreakTimer** insures that you take needed rests by timing break suggestions based on your actual need to rest.

Aside from making ergonomic sense, intelligent break timing makes the breaks feel much less intrusive. During breaks you will be shown videos of suggested stretches to help your body feel more comfortable and minimize your risk of developing a work-related injury.



Go directly to software.lbl.gov or continue presentation for download instructions ➡

Getting Started...go to Software.LBL.Gov

Scroll down until you find
Remedy RSIGuard

Select RSIGuard for Windows or Mac (OS)

Remedy Interactive RSIGuard

A desktop ergonomic software solution that reduces the impact of repetitive strain injuries (RSI) for office workers using Windows Computers. Recommended by LBNL EHS ergonomics specialists and free to Lab employees. Provides an automatic break reminder and suggested stretch exercises.

Current Releases | **Prior Releases**

Managed By: MPBGO

Remedy Interactive RSIGuard Stretch Edition 4.0.17SB
for Windows 2000/XP/W2K3/Vista
LBNL Release Date: 02/01/2008
[Download](#)

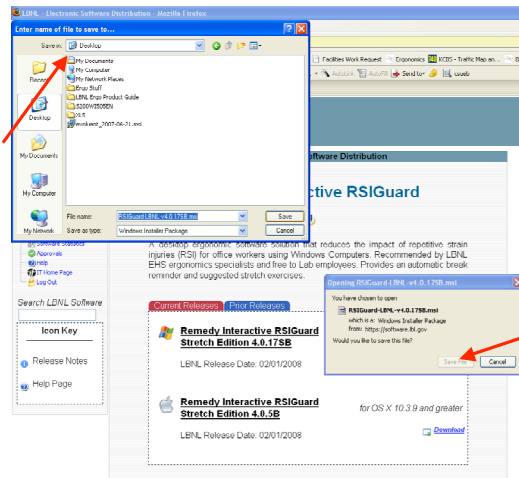
Remedy Interactive RSIGuard Stretch Edition 4.0.5B
for OS X 10.3.9 and greater
LBNL Release Date: 02/01/2008
[Download](#)

Windows

Mac

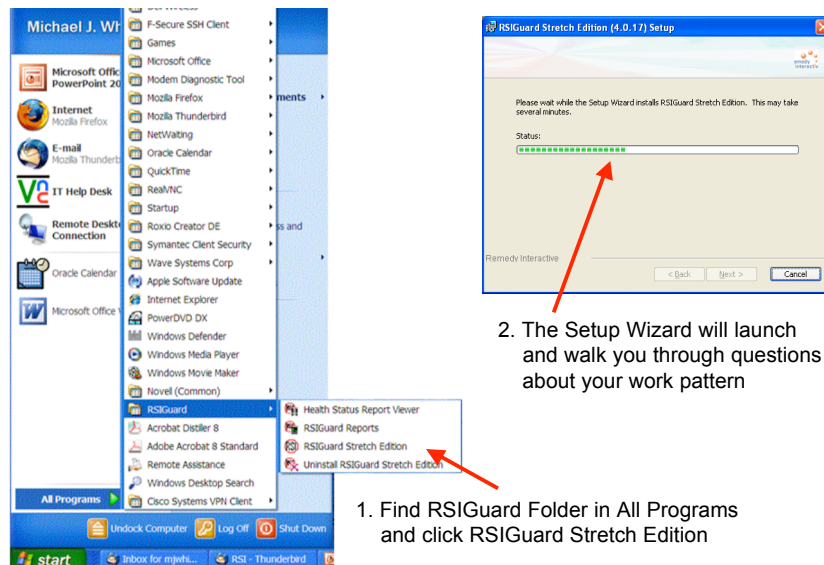
Save RSIGuard to Desktop

2. Select save file to Desktop and it will start the download



1. Click Save File

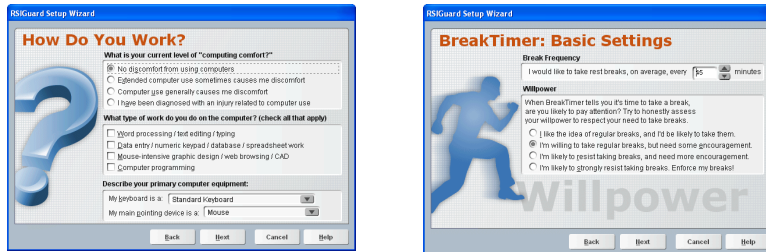
Click Start button then the All Programs button



2. The Setup Wizard will launch and walk you through questions about your work pattern

1. Find RSIGuard Folder in All Programs and click RSIGuard Stretch Edition

Customize your break settings & stretches

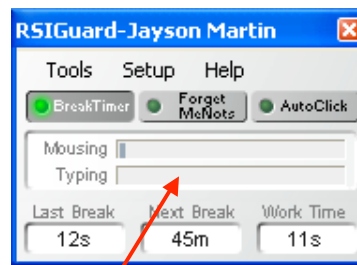


The Setup Wizard will walk you through a half-dozen questions that will help you customize your break timer reminders and the types of stretches and posture checks based on your preferences.

If you think that frequent break reminders will get on your nerves, be sure to select longer rest break intervals and greater willpower to take breaks!

Finished: RSI Icon Appears on Taskbar

RSIGuard Icon
Will appear on the
Taskbar on your
desktop



If you click the RSI icon, it will bring up the timer window so you can periodically check on your break status, adjust your settings or shut off RSIGuard

If you experience any problems setting up or using RSIGuard, contact the Ergo Team x5818

software.lbl.gov